



Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make At Least Half Your Grains Whole Grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread and frozen meals – choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Dietary Guidelines 2010

Take action on the Dietary Guidelines by making changes in these three areas. Choose steps that work for you and **start today**.

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Central Coast Commission
for Senior Citizens
Area Agency on Aging
Advisory Council
1-800-510-2020

Area Agency on Aging
San Luis Obispo and
Santa Barbara
Counties



VISION

Carrots
Chicory Greens
Sweet Potatoes

SKIN

Red Bell Peppers
Papaya
Collard Greens

JOINTS

Cherries
Pineapple
Blackberries

IMMUNITY

Butternut Squash
Cantaloupe
Garlic
Oranges

BRAIN

Blueberries
Strawberries
Spinach

HEART

Bananas
Watermelon
Tomatoes

BONES

Kale
Arugula
Broccoli

ANTIOXIDANTS

Artichokes
Cranberries
Dried Plums
Raisins

